

Mrs. Wilson Talks on Canning Methods

In Conserving Food the Use of Faulty Lids Is Very Often the Cause of So Much Failure

By MRS. M. A. WILSON

THE home canning industry has been a real part of the housewife's own work since 1850. The art of conserving food by the process of canning was discovered about 1830, and gradually worked its way to the housewife. Many methods and discoveries from that time to the modern day tell a story of intense study and progress.

The art of canning or conserving food, all hinges upon one principle, namely, perfect sterilization, and then sealing airtight. Modern methods have eliminated the open kettle to a great extent, and use in its place the so-called cold pack.

The cold pack method is the method of today, and means that the food is partially prepared in a covered pot of water to cool and packed into sterilized jars, filled to overflowing with liquid to fill up the jar, partially sealed, and processed to cook the food, exhaust the air in the jar and sterilize.

Poor sealing surface on the jars is also the cause of many failures. The housewife will pry open a sealed jar, using a knife or can opener, to permit the pressure to escape from jar, and then expect to use the same lids again next year and be surprised because the food spoils. If a jar is forced open—and this is particularly true of all jars with the metal lid—this lid, or top cannot be used again next year.

Poor rubbers are also a cause of failure, as the rubber not having sufficient elastic material, soon loses its give and becomes flat and will crack and split when the jars are processed.

Equipment

The equipment needed for home canning will be:

First. A water bath; a utensil fitted for this purpose can be purchased more cheaply than one can be made at home.

Second. Jar holders or an implement that will lift the jar safely from the bath for complete sealing after processing.

Third. Good jars with absolutely perfect sealing. Defects here mean failure.

Fourth. Pieces of cheesecloth about eighteen inches square for blanching and cold dipping. Plenty of clean pieces of old muslin for wiping the jars and equipment.

Fifth. A method of cooking, whether by wood, gas, coal or oil, that will keep the water boiling hard all the entire time the food is processed.

Several large bowls to place foods in while preparing.

The use of the thermometer in preserving will eliminate any chance of breaking jars by plunging them when ready to process into cold water.

How to Can Successfully

The selection of foods to can is very important, and the commercial canner who has paid dear by big losses found out that the quicker the food is placed in the jar after it is harvested the more successful the pack will be.

Know where and when the products you are going to can were harvested. Sometimes you can go very early in the morning to the wholesale district and see the farmer deliver the products. These are the best.

Once either fruits or vegetables have started to decay, even though the spot is a very tiny speck, they are unfit for canning. So for this reason select the freshest and best products for all your canning.

Once you receive the products lose no time in putting them under way, and never select material that is so far away you can't work up easily. It is best to can a moderate amount every day, during the special seasons than to attempt large individual lots. It is almost impossible not to be careless or slight, just a little bit, when overworked from working up large quantities of materials.

The cold pack process is so named from the fact that the products are packed in the jars or cans cold so that they can be packed carefully and more deftly than when hot. This method is divided into the following parts:

No. 1, blanching—This is done for the purpose to loosen the skin on foods that require its removal and to soften the cellulose so that it will pack more easily, reducing some of the bulk.

No. 2, cold dipping—This is the process immediately following the blanching, and means dipping the material in cold water until the material can be packed in proper container. Also to set the color and help neutralize the acid content of product that has been developed by the blanching.

No. 3, packing into the jars or containers and filling to overflowing with liquid selected for the product—this may be just plain boiling water; boiling water with salt added, or sirup made of sugar and water.

No. 4, sealing—Upon this point will frequently depend the entire success of the entire operation.

With the screw or can top jar, the method is as follows: Place rubber in position and then place lid on the top of the jar, seal by turning lid as far as it will go without using force; now mark a place on the lid and give the lid one-half turn back. With the all-glass jar simply slip the wire ball in place without forcing down below the lid.

No. 5, processing—The hot-water bath must have rack in bottom to prevent the bottom of the jars coming in direct contact with the bottom of the bath. The water should be at least two inches higher than the jars; this means to have the water two inches deep over the tops of the jars after they are in the bath. Temperature of water in bath when jars are added should be 170 degrees Fahrenheit; this is important and will prevent cracking jars.

No. 6, removal of jars at expiration of time limit set for processing and sealing immediately. Remove from kitchen to cool. This is very important, for delay in cooling is frequently the cause of spoilage in jar after all other parts have been done promptly.

2000 ASK FOR EEL RACKS

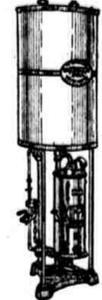
Fishermen Seek Permits for Season Opening August 15

Harrisburg, Aug. 8. Applications for more than 2000 permits for fish baskets or eel racks have been made to the State Department of Fisheries for the 1922 season which opens August 15, and the permits will be sent out this week.

The eel rack is extensively used on the streams in the Susquehanna, Schuylkill, Lehigh and other river systems. The season runs until the middle of November and last year catches amounting to more than 50,000 pounds were made.

With the middle of August the seasons for all special fishing devices will be open, and Commissioner Nathan H. Buller has requested all holders to send information on their catches.

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For sale at drug, grocery and department stores. For sale at drug, grocery and department stores. Pint 50c; Quart 90c; 1/2 Gal. \$1.65; Gal. \$3.00; Combination pint can and sprayer, \$1.00. If your dealer hasn't it, send \$1.00 by mail George C. Krusen & Son, 1530 Chestnut St.

PREVENTOL MAKES A CLEAN HOME

Pacific Northwest Scenery that Kipling Couldn't Describe

"There are many 'bridal veil' falls in this country, but few, men say, lovelier than those that come down to the Columbia River. * * * There I sat down and looked at my fellow traveler, half out of the boat in his anxiety to see both sides of the river at once. He had seen my note-book, and it offended him.

'Young feller * * it's not you nor anybody like you can put this down.'

'I can't, I know it, I said humbly.'

Rudyard Kipling, From Sea to Sea 1899.

The Columbia River, its scenery accessible by the famous Columbia River Highway as well as from Union Pacific trains which follow it for nearly 200 miles, is one of the great events in a trip to the Pacific Northwest and those wonder cities

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On your way see Denver, Colorado Springs and Salt Lake City; it costs no more. Make side trips to Rocky Mountain, Yellowstone, Mount Rainier and Crater Lake National Parks.

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Chicago & North Western Union Pacific System

WANAMAKER'S AUGUST 8, 1922 WANAMAKER'S

Wanamaker's Down Stairs Store Offers a Sweater Sale at 75c, \$1.50, \$2.50, \$18.75

Hurrying away all broken-color assortments, all odd ones and shop down stairs.

Prices just marked down a third and a half less—and sometimes even lower.

Mostly all-wool, although some are of mohair and some of fiber silk. Pretty enough styles to give for birthdays. High school girls will like them, too.

500 Sweaters at 75c All-wool in henna, jockey red, rose, turquoise, purple, white. Also stripes in black, tan and jade. Drop stitch and block effects. Popular pull-over style.

400 Sweaters at \$1.50 Some All-Silk All-wool sweaters trimmed with a narrow

Autumn Hats, \$5 It's a long time since this simple announcement has meant so much. Several years since such really smart Autumn millinery has been offered at this popular price so early in the season.

Children's Play Oxfords and Barefoot Sandals, \$1.90 Mighty sturdy, workmanlike shoes that will carry little feet comfortably and safely over many vacation miles or kindergarten-bound. Sizes 6 to 2.

Women's Summer Frocks Reduced to \$2, \$3, \$5, \$6, \$7.50

Speeding out everything that's thin and cool and pretty. Frocks wearable all Autumn and Winter in the home, and ever so many charming vacation dresses among them. Not all sizes in any one style, and many frocks need pressing or show marks of handling, but the reductions have been figured to more than repay such shortcomings.

Gingham dresses down to \$2, \$3, \$4. Voile dresses down to \$2, \$3, \$5, \$7.50. Extra-size voile dresses down to \$6, \$7.50. Extra-size gingham dresses down to \$3.75. Dotted swiss, organdie and plain-color voile dresses, in regular sizes, down to \$7.50.

Cloth Dresses Down to \$2.50, \$5, \$10, \$16.50 Spring and early Summer models, more or less handled. Mostly navy blue.

Lace Dinner Frocks Down to \$20 Delightfully becoming gowns of dyed laces with draperies of crepe chiffon to match. Tan, jade, periwinkle and others.

Boys' Shirts, \$1 Full-cut, well-made percale shirts in almost any fast color stripe a lad might choose. With or without collars. Fine for vacations and coming school-days. Sizes 12 to 14 1/2.

"Farmerettes," \$1.50 and \$2.50 Practical khaki unionalls for the woman who house-cleans, does her own laundry or gardening, or investigates her own automobile engine. Long sleeves; elastic at ankle, \$1.

3-piece khaki-colored or blue unionalls with skirt which may be buttoned to the waist-line as an all-round pocket. \$2.50.

New Tricolette Blouses \$5.90 Shimmering, bright-colored drop-stitch tricolette overblouses, trimmed with white satin banding at surplice neck and short sleeves. Cutted at the hip line with a band of self-material. Just right for the Baronet satin skirt or Autumn suit. Copenhagen, navy, black, rose, tan, jade and white. All sizes.

Boy's All Wool Suits Specially Priced \$6.50 Not many boys' suits at \$6.50 can boast the appearance and wearing qualities of these all-wool chevions, made in selected styles to Wanamaker order. The same tested fabrics that go into men's suits. The same careful cut and reinforcement. Styles adapted to sport-loving boy nature, correct and comfortable for school days. Mostly mohair lined.

Stripes, checks and mixtures in brown, gray and green. One or two of a kind. Sizes 8 to 17. (Gallery, Market)

Men's Business Suits All Wool, \$18.50 Brown or gray mixed all wool cheviot suits at \$18.50.

That's good news for young business men who want properly wearing clothes for a moderate sum.

These are three-piece styles suitable for immediate wear or all Autumn and Winter. (Men's Gallery, Market)

Little Boys' Blucher Shoes, \$2.90 High tan or black shoes on wide toe lasts; stout welted soles. Sizes 10 to 13 1/2.

Mighty good shoes for the active school boy, and exceptionally good at this new price. (Gallery, Market)

Who's Your Tailor? Many Philadelphia men say nowadays: Wanamaker's Men's Gallery

Made-to-measure suits with two pair trousers are now offered in the August Sale at \$37.50 and \$43.

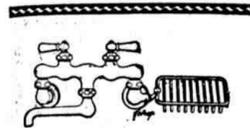
Choice of 130 distinguished all-wool worsteds and cassimeres in dark blue and black pencil stripes and uncommon gray and brown mixtures.

The fit is guaranteed. No extra charge for extra sizes. (Down Stairs Store Men's Gallery, Market)

Advertisement for curling iron with text: DON'T BE A SLAVE TO THE CURLING IRON. Enjoy COMFORT home. Buy our new MANENTLY WAVES. \$15.00. \$25.00. MARGUS FRIEDE 279 S. 52d St.

Advertisement for COLLINS INSTITUTE with text: Fat is a Physical Burden. Because excess flesh is acquired gradually through the use of the hand. It is not a tedious task to attain a Normal figure. COLLINS INSTITUTE, Bellevue Court Building, 1418 Walnut Street, Spruce 5484.

Advertisement for Kuehnle PAINT & PAINTING with text: PURE FRESH PAINT Believe Me. If it bears the Kuehnle label, you know it's GOOD PAINT!! "Save the Surface" Kuehnle PAINT & PAINTING, Vine & 17th Sts., Spruce 5474 RACG 7749.



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HAINES, JONES & CADBURY CO. Plumbing and Heating Goods, 1130-1144 Ridge Ave., Phila.

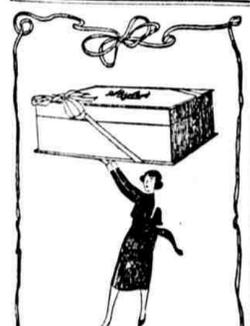
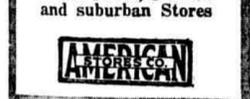


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